



## Office of Environmental Health Hazard Assessment

### **If you think you have been exposed...**

#### **Eyes –**

Gently hold your eyes open, or have someone assist you, and flush with saline or lukewarm water for 15 minutes. Blink while flushing the eye. If wearing contacts, remove the lenses after first flushing with water or saline for 5 minutes.

#### **Skin –**

Remove contaminated clothing and flood skin with water for 15 minutes. Then wash gently with soap and water and rinse. It is important to cut off clothing rather than pulling off to avoid exposing other areas of the body.

#### **Inhaled –**

Immediately move the person to fresh air. Avoid breathing fumes. If you are helping someone else who is not breathing, call for help and start assisted (mouth-to-mouth) breathing.

For more information on chemical exposure, contact the **California Poison Control System** at **(800) 222-1222**.

**If you believe you have been exposed to a chemical agent, or if you are in immediate danger, call 9-1-1.**

For questions regarding OEHHA's Emergency Response Program please contact Shelley DuTeaux at [sduteaux@oehha.ca.gov](mailto:sduteaux@oehha.ca.gov). For general questions, please call the All OEHHA line at (510) 622-3200.

OEHHA is one of six agencies under the umbrella of the California Environmental Protection Agency (Cal/EPA).